

# Newsletter

HELP INTERNATIONAL SCHOOL

Issue: 2019 / February



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**CELEBRATIONS**  
**A LOOK INTO**  
**IGCSE LIFE**

**SPORTS DAY**  
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**HIS GOT**  
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**Cover:**

Our preschoolers posing with the dragon that came to usher in the new year at HIS.

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# PRINCIPAL'S MESSAGE



Some of you would be aware that I recently attended the TES (Times Educational Supplement) Independent School Awards in London for which HELP International School was shortlisted in the category 'International School of the Year'. We didn't come away with the top prize but it made me proud that we were able to sit amongst representatives from the top independent schools in Britain and from around the globe, most of them long established and well known in the world of private and independent schools. The celebration was a rather posh event held at Grosvenor House, Park Lane. Our congratulations to the winner, Cranleigh's Abu Dhabi School, who showcased their cross-curricular work on heritage, identity and sustainability. We enjoyed the event and felt justifiably proud that our young school has come so far in such a relatively short time.

Back at school, our Chinese New Year Assembly was a fantastic showcase of our students' and teachers' artistry and creativity, wonderfully supported by the Mandarin department. I hope you had a chance to see the wonderful photographs on Facebook and in this issue of the newsletter. We also hope you enjoyed the fantastic Sports Days, with all the triumphs, drama and teamwork that went into making these days special.

We have lots of exciting events coming up, including this year's school involvement in FOBISIA (The Federation of British International Schools in Asia) Arts and Sports events, a new element to our extra-curricular activities which allows us to join with other ASEAN schools for meetings and competitions. In more accreditation news, our new



*Proudly representing HIS at the TES (Times Educational Supplement) Independent School Awards in London*

application to continue as an Apple Distinguished School is happening this term, with a fantastic iBook in the process of creation, showcasing what we do well here at HIS.

Our Twitter feeds, in which our staff showcase exciting things happening at school including our students' fantastic work, are being re-posted by Cambridge Assessment and Fieldwork Education, helping our school to achieve a wider global platform.

Our new Principal, Mr Martin Van Rijswijk, who takes the helm in August 2019, is visiting us in March and will be joining students, parents and staff for the Family Day event on Saturday, 30 March and we are very much looking forward to welcoming him to HIS. Dr Gerard, our new CEO, will also be enjoying the day with us.

We would like to encourage all students, teachers, staff and parents to participate and support this Family Day – we will have a fantastic bazaar with food stalls, games stalls and more. We will be supporting the HIS Eco-Schools initiatives and 'The Lost Food Project' ([www.thelostfoodproject.org](http://www.thelostfoodproject.org)) which helps to provide food for vulnerable communities and has worked with us on the **Zero Waste** and **My Clean Plate** challenges this term. There will also be performances, a photo exhibition, memento stalls and fun competitions. We really hope you will come along and support us and enjoy the many activities. Let's make it a fabulous day for our community to celebrate. Lots more information will be coming to you in our bulletins and this newsletter and I really hope you will come along, buy the coupons which support our charity drives and, above all, just have a really special day!

I would also like to take this opportunity, as I do at this time every year, to wish our students the best of luck in their upcoming exams. Remember to revise carefully, use the Mocks to inform your revision and take the opportunities offered by our Easter Revision Classes.

As my time here at HIS is coming to a close, I am hoping to be able to reflect on all that we have achieved and spend some quality time with our staff community to ensure that they continue to feel supported and empowered to lead, move forward and ready to embrace the next phase of growth and development for the school.



*Come along and celebrate our first HIS Family Day on Saturday, March 30!  
Please do spread the word. Bring along your family and friends.*



Find us on Twitter at:  
[#HIS\\_Learning](https://twitter.com/HIS_Learning)  
and  
[@HISedTech](https://twitter.com/HISedTech)

# WHAT'S UP YEAR 11s?

## A LOOK INTO IGCSE LIFE IN HIS

by So Zhao-Qi & Teh Nian Yii (Year 12)

With the mock exams over and the study leave approaching, the Year 11 students are knees deep in preparation for their IGCSE exams in May. Before they dive headlong into intensive revision, we took the time to ask some of the students a few questions reflecting on their school life over the past two years. Here's what they have to say:



**What is your most cherished memory from the past two years in HIS?**

**Amanda Lim:** There was a period of time in Year 10 when I was involved in many activities like the school musical production, World Scholar's Cup and prefect duties. The whole experience of the variety of events during that time remains memorable to me and I am very happy I managed to create my own little family along the way.



*Amanda as Maria and Valentino as Captain Von Trapp in the 2018 production of 'Sound of Music'*

**Shawn Phun:** My favorite memory was when my friends threw me a surprise birthday party. While it was funny seeing them try to keep it a secret, I was very happy that they found out my favorite flavour of cake and bought it for me to celebrate.

**Aletheia Goh:** I have too many to count but off the top of my head: I was working as a wardrobe technician on the set of Sound of Music when in between performances, the cast and crew put on a little show for our entertainment. We sang show tunes, danced (not very well but nonetheless danced), and several of the crew even formed a band -- the 'Backstage Boys'. It was hilariously fun.

**What have you learned in HIS in the past two years that you feel is the most important?**

**Carmen So:** In the past, I always saw exams as something stressful and competitive. However, at HIS, my teachers and peers have helped me realise that exams are in fact a way of measuring your progress. This more positive way of viewing exams has made me focus more on learning and growth instead of constantly worrying about scoring in exams.

**Amanda Lim:** I learned to cherish my teachers more. In high school, with the more challenging content, asking teachers for help when you need it becomes more important. The teachers in HIS often go out of their way to help me. For example, when I was struggling with algebra, my Maths teacher personally gave me extra exercises, which I am very grateful for.

**Imran Anwar:** Being surrounded by intelligent peers, I often strive to be on par with them, so it is sometimes difficult to admit to others and myself, that there is something I do not know or understand. However, I have learnt to admit and accept the fact that I do not always know everything. This lesson of humility actually helps me to learn more as I am now less afraid to ask questions.

**What is one thing you would want to change from the past two years?**

**Imran Anwar:** Last year, I had the opportunity to take part in the World Scholar's Cup, but I ended up quitting for fear of the workload. I regret my decision because I realised that WSC is a rare and unique experience. Given another chance, I would definitely want to go back and choose to persevere instead of giving up.

**Aidan Paul:** One thing I would want to change is the amount of effort I put in during Year 10. I slacked off in Year 10, which really made a big impact on my grades. Due to this, I have had to triple my efforts in Year 11 in order to catch up. If I had focused more on my studies last year, I would definitely feel less overwhelmed now.

**What do you look forward to most when coming to school?**

**Amanda Lim:** I really enjoy the atmosphere and ambience of the school. My teachers, my friends, the general decor of HIS; everything combines to form an overall warm and enjoyable school experience.

**Imran Anwar:** Learning and understanding the many unknowns of the world is one of the things that drives me to school, however, doing such things are enhanced so much more by my friends. I always look forward to seeing my friends, who help me in my process of learning and make me enjoy my school life more every day.

**What is one subject you think everyone should take and why?**

**Alvin Lim:** I think everyone should take the sciences. Taking a science subject makes us more educated about our world and surroundings. It ensures that we do not remain ignorant, and helps us understand how things work and why things are the way they are.

**Carmen So:** I think accounting is a very important subject which anyone would find useful in their daily life. Through it, you can learn how to manage your personal finances, which I feel is something everyone should know. Accounting also creates a lot of career opportunities and teaches skills needed in the business industry.



**Valentino Tew:** While all subjects have their purpose and benefits, the subject I feel everyone should take is history. History develops analytical thinking and also teaches us about the world we live in. It serves as a keystone to understanding current issues, especially in politics, and allows us to gain insight into why certain countries are the way they are.

**What is your strategy for facing IGCSE?**

**Aidan Paul:** I create timetables to better manage my time according to how confident I feel in a particular subject. This prevents me from cramming everything at the last minute and helps me to instead study a bit every day, which I find to be more effective and less stressful.

**Aletheia Goh:** I try to start the revision process as early as possible. I make sure that I am making sufficient notes and not skimping on doing past year papers. I also refer to the syllabus guides for each subject religiously because I find them to be unbelievably useful.



Amongst the vast amount of activities and vigorous studies, we are happy to see our Year 11 students develop and grow over the past two years. We hope they continue to hold and cherish these memories in HIS as they move on to college and eventually their careers in the future.

Best of luck to all IGCSE students in their upcoming exams!

*Aletheia and Shawn ran a CCA, introducing primary students to the joys of public speaking.*



“I always look forward to seeing the people I love the most. My friends, teachers, and I have all shared so many experiences and gone through a lot together. They are like my family, and school really is like my second home.”

~ Shawn Phun



*Monkeying around during a field trip.*

# CNY 2019

## Chinese New Year Celebrations



The atmosphere was electrifying as our students performed and celebrated Chinese New Year HIS style! The students came in festive clothes which added a riot of colours to the celebration.

We were entertained by a variety of performances such as the Chinese orchestra, wushu, lion dance, sand drawing, dragon dance, gymnastics, ensemble, spring clean dance, diablo and many more!

We want to thank our dedicated Mandarin department for the impressive backdrop, organising all the performances and taking the lead into decorations. 谢谢!







It is heart-warming when we see our students, teachers and staff from different backgrounds coming together to celebrate Chinese culture.

Congratulations to the winners of our calligraphy contest.

**Group A**

- 1st - Tan Jiasuen Bernice (10 Winfrey)
- 2nd - Wee Shou-Ean (9 Chopin)
- 3rd - Hooi Wei Jie (9 Mangeshkar)

**Group B**

- 1st - Sean Woo Shan Ming (10 Winfrey)
- 2nd - Lim Su Yin Elyse (9 XingHai)
- 3rd - Cheong Yen Zi (9 Benedetti)

**Group C**

- 1st - Choe Xin Yen (8 Naipaul)
- 2nd - Kim Yaejin (8 Lee)
- 3rd - Tee Xuanbei, Naomi (8 Lee)

**Group D**

- 1st - Charlene Cheong Shen Lyn (8 Austen)
- 2nd - Oliver Oh Aik Dee (7 Rembrandt)
- 3rd - Kirienne Chen Jingru (7 Da Vinci)



These opera masks 京剧脸谱 (jīng jù liǎn pǔ) are created by our talented and creative HIS teachers in an inter-department competition.

Congratulations to the Preschool team on the winning mask!



Kudos to the Mandarin Department for all their hard work and creativity this festive season.

# YEARS 3 to 6 SPORTS DAY

What a wonderful Sports Day it was today!

Our Milepost 2 and 3 students, teachers and parents had an exhilarating time engaged in a variety of sport events, and had fun cheering each other on.

Everyone participated, and it was great to see the teamwork and sportsmanship among the students.

Congratulations to Dragon House for taking home the trophy, and to Griffin House for winning the Fair Play award.





### RESULTS

- 1** Dragon 735 points
- 2** Pegasus 733 points
- 3** Phoenix 684 points
- 4** Griffin 677 points



Fair Play Award: Griffin



# SPORTS DAY

## SECONDARY & A-LEVEL



As anticipated, the Secondary & A-Level Sports Day delivered nothing but sensational action and nail-biting finishes, especially in the relay races. Check out our Facebook page for a video of the thrilling Year 11 Boys 4 x 100m relay—you have to see it to believe it!

Competitors pushed themselves to their utmost limits and displayed a spectacular performance of sportsmanship and athlete prowess.

Thank you to our PE team and Heads of Houses for organising both the Primary and Secondary Sports Days. Big thanks also go out to the teachers, prefects and staff who helped, and to parents for their unwavering support of our students.





### RESULTS

- 1 Pegasus 3,063 points
- 2 Phoenix 3,015 points
- 3 Dragon 2,965 points
- 4 Griffin 2,910 points



What an incredibly talented bunch of students we have! We watched with pride and awe as they performed a wide array of acts to wow their way into our hearts with such confidence and poise. We look forward to more opportunities for students to showcase their talents, extra curricular skills and interests.

Thank you to our Heads of Houses and Music teachers for providing this platform for students to shine. To teachers, sound and light crew and all who helped in the organisation, and parents who came to support, thank you for your time.

Well done to all performers, and congratulations to the following top scorers for each House:

**Primary**

- ★ **Phoenix** Isabella Teoh
- ★ **Griffin** Queeniesha Mar
- ★ **Pegasus** Amy Wang
- ★ **Dragon** Ernest Tan

**Secondary**

- ★ **Phoenix** Arunkathirvel Shanmugasundaram
- ★ **Griffin** Cheng Xiao Xuan, Cheng Yu Xuan & Cheng Hao Yang
- ★ **Pegasus** Wong Lun Heng
- ★ **Dragon** Ian Chow

# HIS GOT TALENT





# ECO-SCHOOLS:

## introducing our **NEW ECO-CODE**

Establishing an eco-code is not only one of the 7 main steps of becoming an eco-school, but also helps define the core values of the school community in regards to the environment. Recently, HIS has given our Eco-schools logo a revamp. As the newly elected Eco-schools student committee, we designed a new logo which better reflects our eco-code. We wanted our logo to still be personal to HIS, but also convey a powerful and memorable message through a simple design. A member of our committee, Chantelle Lee (Year 12), designed a few logos, which were then voted on in a whole school survey.

Our new logo, as seen now, won the vote by a staggering majority. In it, a tree, as inspired by the 'Tree of Life' in the school emblem, is shown in different phases. Our actions, and the way we choose to treat the environment, will determine its fate. Combined with our eco-code -- "every time we waste, we lose a piece of ourselves", we wish to create more of an emotional impact and bring awareness to everyone in our community about the responsibility each individual bears in the journey of saving the environment.



**every time we waste, we lose a piece of ourselves**

We are happy to see that the '**Waste Management Initiative**' in partnership with iCYCLE, a solution provider of waste separation and recycling, is being undertaken by students, teachers and staff at school with great gusto. Each class is now responsible for collecting their paper and plastic waste, and once the class boxes are full, students will transfer them to the iCYCLE bins strategically located around the school.

It's really heartening to witness the HIS community becoming more conscious about minimising our waste impact.

*"Recycle each and every day,  
instead of throwing paper and  
plastic away."*





# Introducing our very own MAKERSPACE



Over the past term we have launched a new and exciting learning space in the primary school on Level 1. The multipurpose space is a collaborative space for exploring, designing, making and creating. The space is designed and equipped to be flexible with furniture that can be reorganised to suit a variety of activities. We understand that students learn differently, and have a range of seating options and work spaces — students can choose.

The space is equipped with film making facilities including an industry standard chromakey curtain (green screen) and film rig for iPad, 3D printers, sewing machines, cutting machine, drones, connected devices and robotics. All students in the primary school are first having an induction session to familiarise them with the space and how it can be used ahead of launching our programme later in the academic year.



## Primary students in the MakerSpace

Years 2 & 3 were introduced to the MakerSpace in Term 1 and got hands on by coding their Dash robots to clear up a snowstorm, made and coded a glowing snail using Lego WeDo and used Osmo to code Awbie.

Year 5 have been pushing their coding skills further through advanced Dash and Dot challenge cards. Using the cardboard toolkit, Makedo, they have also been putting their teamwork and engineering skills to the test building ramps. Year 4s will have their chance to show us what they can do with the same challenges in the next few weeks!

Next week, it's Year 1s turn. They are going to be taking their first coding steps using Blue Bots to navigate some fun and challenging obstacles and Osmo to help guide Awbie through mazes.

Year 6s are currently working hard to prepare for their Checkpoint Tests, but after the Easter break, they'll be getting stuck into passion projects using all the amazing tools and resources available in the MakerSpace to bring them to life.





# Joy of Learning inside & outside the classroom

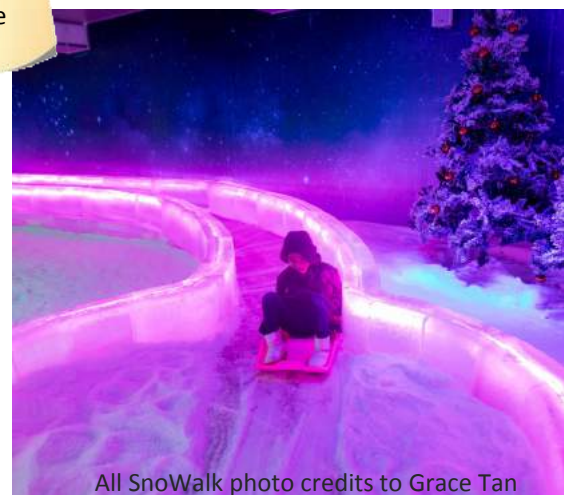
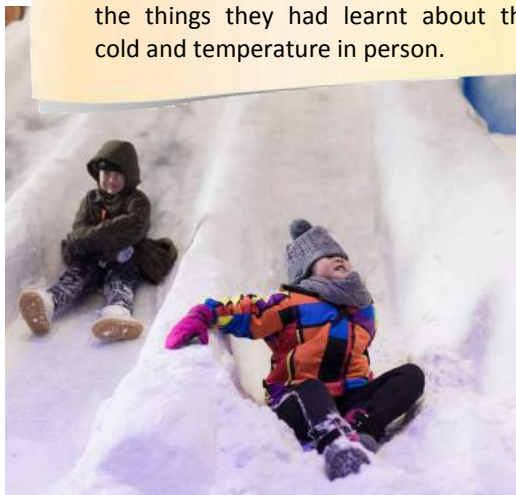
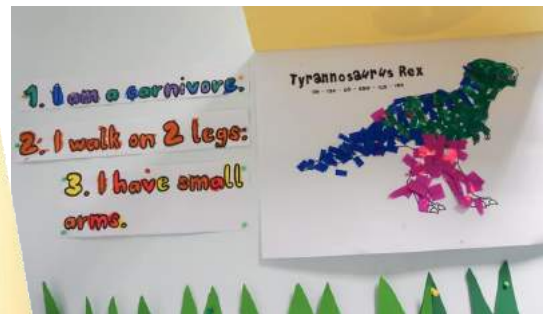


**Preschoolers** celebrated their learning with a roaring Exit Point! They came in dressed up as dinosaurs of all species and colours, got busy digging up bones and shared about the importance of fossils with their parents.



**Year 1** had a marvellous time at SnoWalk, iCity to end their IPC Unit "Freeze It".

They were able to see and experience all the things they had learnt about the cold and temperature in person.



All SnoWalk photo credits to Grace Tan

**Year 2** had lots of imaginative fun in their Entry Point for their new IPC unit, 'A Day In The Life Of'. They came to school dressed as YouTube vloggers, astronauts, firemen, scientists, chefs, nurses and doctors and even entertainers!



What a celebration picnic to remember! The **Year 3s** invited their parents to a picnic and explained the science behind their culinary efforts in making milkshakes as part of their IPC 'Shake It!' unit.



Adventure awaits our **Year 4s** as they enter into their new IPC unit of 'Scavengers and Settlers'.

They were tasked with building shelters using only natural resources such as leaves and branches—without any scissors, tape or glue!





For the **Year 5** Entry Point, students were treated to a lovely surprise. The teachers transformed the Training Room to a mock news room and even produced a mock new programme live for them! Students even had a go at making their own 1 minute news programme!



In their IPC unit 'Extreme Survivors!', the **Year 6** students were seen exploring plant adaptations. Tasked to find out whether the leaves on sun plants are generally bigger or smaller than leaves on shade plants, they are learning about adaptive features of plants and animals that help them survive in different temperatures.



Our **Year 7** students had an exciting introductory STEM lesson on e-textiles.

E-textiles are products that enable digital components embedded in them. They will use their knowledge and creativity to design and make an electronic celebration mask!

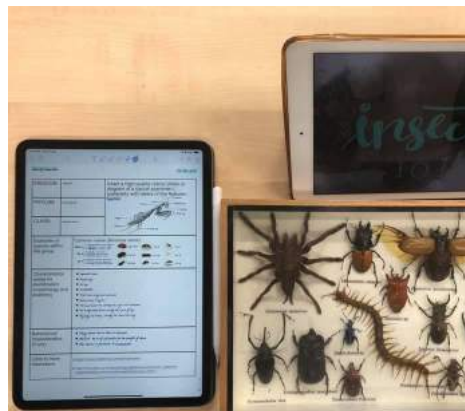


Our **Year 8** students spent two days engaged in activities that encouraged them to be brave and courageous. From building their own rafts out of plastic bottles to standing and singing in front of their peers, they all showed courage in different ways. This introduced their next IMYC unit 'Courage' and the next Big Idea (being true to yourself requires bravery).

Our **Year 9** Food Technology students making pasta from scratch!

In addition to learning about farm to plate, students explore ways to improve manufacturing methods through preservation, storage and new product development.





As part of their lesson in classification of organisms, students from our **Year 10** IGCSE Biology class engaged in a lively exchange of facts with their classmates about their assigned organisms from different Kingdoms, Phylum and Classes. It definitely was an interesting digital and physical show-and-tell session.



Devising Days is a Drama Festival for **IGCSE** students. It is an opportunity for them to focus over two days on the Devising aspect of their curriculum which makes up 30% of their grade.

They had the chance to learn practical techniques and performance skills from specialist staff from across Malaysia's best international schools. They got to work with students from these schools and were challenged by the wide pool of talent.

The **Year 13 A-Level** students, the pioneers of Project Purpose completed a day of inspiring, impactful and purposeful sharing about their journey.

Project Purpose is a leadership programme that is designed to provide real-life opportunities for leadership skills to be developed and improved.

These students utilised this platform to find a cause and purpose that resonated with them and committed countless hours over the last 15 months to try and make an impact. As different individuals reflected on their journey, several themes were reoccurring. It was the first time for many things- writing proposals, contacting MNCs, collaborating with NGOs, intense troubleshooting, putting stamps on an envelope and many more.

The programme also stretched these students to make their own decisions, set their own timelines and agendas, and determined their own desired outcomes.

This talk marks the end of Project Purpose but it is merely another step in their leadership journey. Great things lie ahead for these young leaders who have experienced so much through Project Purpose.





Where design meets function, HISDesignArts enables learners with the tools and techniques to make ideas a reality. Follow us on our journey to change the world!

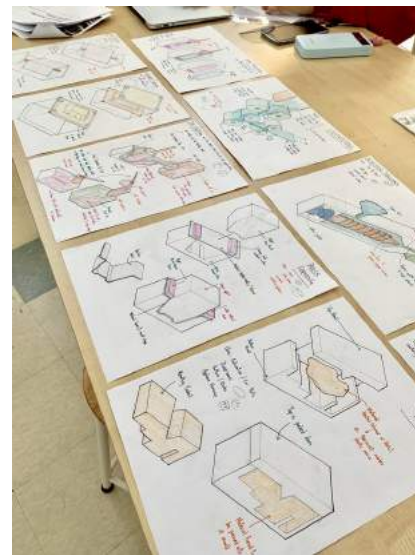
@HISDesignArts



Year 7's first foray into wood working! Students must measure precisely using calipers and set squares. Geometry in action.



Graphic Designer Chung Woon uses his iPad to design the livery of his 3D modelled F1 car.



In A-Level, students must understand the ins and outs of fabrication machinery and material forming processes. Here is Zhao-Qi's homework assignment for the topic covering methods like die casting, press forming and injection molding.



Jun has coded a complete game using Scratch. He is engrossed in the details of his code. He is mastering the tools of future work in ICT.



IGCSE Year 10 Resistant Materials - It is Christopher's first time using a palm router! A student's maturity is a key factor in being allowed to experience hand machines early.



Year 8 have finished up their first mini project! They have learned about ACCESSFMM and Rapid Prototyping, two vital skills of Product Design.



# CCAs

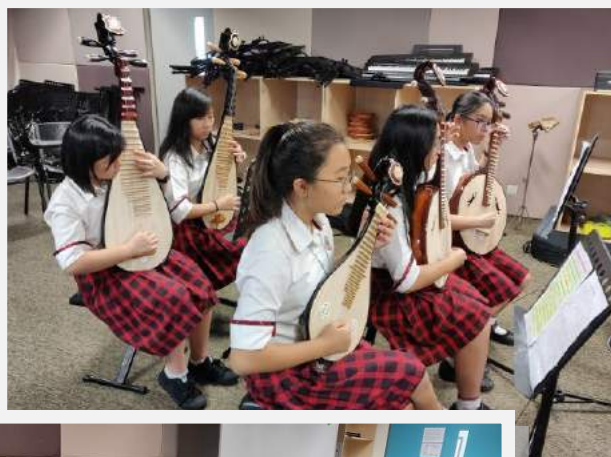
HIS offers a wide variety of Co-curricular Activities (CCAs) each week. While the Milepost 1 (Year 1 & 2) students have their CCAs as part of the school day, students from all other year groups are able to select two after-school CCAs every term. Take a look at some of the CCAs our students enjoy:



## Wind Turbine



They are taught a combination of electricity, resistant materials and gearing to design a turbine that will produce two things: highest revs per minute and highest voltage electricity.



## Chinese Orchestra



They are taught a combination of electricity, resistant materials and gearing to design a turbine that will produce two things: highest revs per minute and highest voltage electricity.



## Fun with Chinese Painting

Students will be introduced to fundamental and systematic approaches to colourful Chinese painting. Students will learn basic brush strokes through marks, points and lines to create different artistic subjects such as animals, fruits, leaves, flowers and insects.



## HIS Cinematic Club

This CCA aims to teach future film makers the behind-the-scenes tools and know-how to film, edit and create amazing multimedia content for a variety of uses.

In this specific class, we had Mr Brian from M8 Studio come by to share his expertise in the business with the students.



# HAPPENINGS

## in & around school

Milepost 2 had **Spanish ILC** (International Language and Culture) Day número tres, with the language focus on colours and numbers, and they were able to practise this vocabulary in a special mini-Olympics!

The students had great fun playing different sports and playground games that are popular in Spanish speaking countries, such as pelota vasca and la goma.

The day ended with a House competition of el pañuelito, during which the children showed great sportsmanship and respect. ¡Muy bien a



The boys and girls of Year 7 had separate sessions **Sex Ed talks** by Dr Alex, a clinical psychologist and Ms Sybella Ng, a child and family development specialist.

With both of them have various experience in their field, and they used their knowledgeable and expertise to talk to our teens about sex.





**Key Stage 3** students had the privilege to listen to Mr Jamie Allan of DRP Drive Tours, an Eco Dive company, and Mr Terry Ghani, a Malaysian who delivers TED Talks to youths about the importance of their role in the future of the environment.

We're happy to know people are out there doing good, even trying to inspire the next generation of kids. Our students in turn, asked questions, eager to learn on issues of sustainability, environmentalism and conservation.

3 November 2018

YB Yeo Bee Yin  
Minister of Energy, Technology, Science, Climate Change and Environment

Dear YB Yeo Bee Yin,

I am writing to you about the dreadful issue of food waste in Malaysia. Did you know that we could fill up the Petronas Twin Towers right to the top with food waste in just 18 days? So you see, Ms. Yeo, as the new Minister of Energy, Technology, Science, Climate Change, and Environment, you can start the change.

You will be pleased to know that South and Southeast Asia waste the least food in the world by region, however, that doesn't mean that poverty isn't a thing here. We are blessed with gigantic mounds of food every meal. Some people don't even get food for one meal. We should be appreciative of what food we get.

A third of the food produced in Malaysia gets wasted. Every day. The growth of 90 million children worldwide is heavily stunted. Around the world, 800 million men, women and children go to bed hungry, some malnourished every night. Malaysians waste 15,000 tonnes of food on a daily basis, and 3,000 tonnes of that is lost food. Terrible, right?

Solutions. Such a beautiful, wonderful, lovely word. There are so many solutions! You could donate your food to a food drive, or eat leftovers, and the most impactful of them all, composting. We could start with having a food donation box outside each restaurant so leftover food can be donated to people in food drives.

Thank you for reading this letter about focusing more on food waste in Malaysia. If you have made it all the way to this point, you have the heart, patience and time to read a 10-year-old's letter about food waste and how we can make a change. I hope you take this letter into consideration, and good luck with your job!

Yours sincerely,

MENTERI TENAGA, SAINS, TEKNOLOGI, ALAM SEKITAR DAN PERUBAHAN IKLIM  
MINISTER OF ENERGY, SCIENCE, TECHNOLOGY, ENVIRONMENT AND CLIMATE CHANGE

MESTECC/YBM-1/1 (9\*)  
4 January 2019

Anne [redacted]  
HELP International School  
Persiaran Cakerawala  
Seksyen U4  
40150 Shah Alam  
Selangor Darul Ehsan

Dear Anne,

Thank you so much for writing to me. I am truly proud and happy you are aware of the environmental issues in our country and are not afraid to voice out your opinions.

True, food wastage is indeed one of the problems we are facing now. Hence, the new government is working on a policy to stop the habit of wasting food in the society. In the meantime, I strongly encourage you to take these small steps at home to contribute to the efforts of reducing food wastage.

- i) Remember to eat food in small portions. After all, you can always ask for a little more so you will not throw away the remaining food if they spoil or expire.
- ii) Donating food to people in need is a good thing to do. However, please remember to make sure that the food you are donating is clean and safe to eat. We want to avoid people having tummy aches.
- iii) Consider composting your food waste. What's better, you can use the compost to grow patches of your favourite vegetables. You get to reduce food waste and grow your favourite vegetables at the same time!
- iv) Remember to check the expiration date on the food. Knowing how long the food will last and eating it before it goes bad, will help reduce spending and save money. It is good to plan your meals ahead!

Together, we can reduce food wastage. Where best to start this than from our own home? Thank you again for the wonderful ideas. I will take them into consideration. Make sure to share them with your family members, friends and neighbours.

Just as how Mahatma Gandhi has beautifully and wisely put it, "If you want to change the world, start with yourself."

Best wishes,  
[Signature]  
(YEO BEE YIN)

URUSAN SERI PADUKA BAGINDA

A **Year 6** class was tasked to write a letter to YB Yeo Bee Yin, our Minister of Science, Technology, Environment and Climate Change ( MESTECC) about food waste as part of their English lesson on persuasive writing.

Above is a sample of one letter from our students, and the reply she received from YB Yeo. There are many more letters like this. We are very proud of the passion the students have shown over this topic of food waste, and the steps they have taken to do something about it.

To their delight, they each received replies from YB Yeo! We want to publicly acknowledge our appreciation to her.

We hope that we can continue to motivate our students to be more conscious of taking care of this world, and to play their part in small or big ways. We are glad to see teachers, students, parents joining hands to drive our Eco-School initiatives!



Our **Digital Leaders** are working on an exciting new iBook for new starters to the Primary school. The book will offer a student-friendly take on life at HIS taking in a school tour, interviews with teachers and students and of course, plenty of tips and support for using their iPads effectively in school!

Stay tuned!

Our **Year 12** young leaders got the opportunity to tap into the wisdom of leadership consultant, Mr Alvin Ung.

Alvin is the author of two best-selling leadership books, Barefoot Leadership and Finding Purpose and a two-time Khazanah fellow.

He was impressed with the purpose-driven projects of our students and provided valuable insights that could help drive their plans towards fruition.





HELP INTERNATIONAL SCHOOL

Saturday, 30 March 2019

# Family Day

11am to 3pm

Coupon Booklets  
on sale from  
**25 February**

\* at the Admin Office  
\* from Homeroom Teachers



**FOOD & DRINKS STALLS**  
(CAKES, PASTRIES,  
DRINKS, ICE LOLLIES AND  
MORE)



**LAUNCH OF HIS  
MAKERSPACE**  
EXPLORE HANDS-ON  
CHALLENGES TO DESIGNING,  
MAKING AND CREATING



**GAMES STALLS**  
(PUTTING CHALLENGE,  
PENALTY SHOOTOUT, PING  
PONG THROW AND MORE)



**STUDENT PERFORMANCES**  
(CHINESE ORCHESTRA,  
ENSEMBLE, FESTIVE DRUMS,  
CHEERLEADING, ETC)



**MOMENTO STALLS**  
(FARMER'S MARKET, ECO  
PRODUCTS, PHOTOBOOTH,  
SPCA ADOPTION AND MORE)



**FRIENDLY COMPETITIONS**  
(STUDENTS VS TEACHERS  
VS PARENTS – FOOTBALL,  
IRON CHEF, ETC)

**CELEBRATING 5 YEARS OF LIFE IN ALL ITS FULLNESS  
(2014-2018)**

All proceeds will go towards HIS Eco-Schools and The Lost Food Project



every time we waste, we lose  
a piece of ourselves

